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**Amendments to the Claims**

Please amend Claims 14, 32, 34, and 36. The Claim Listing below will replace all prior versions of the claims in the application:

**Claim Listing**

1-13 (Canceled).

14. (Currently amended) A method of providing an individual with nutritional supplementation that aids in the relief of symptomology associated with stress resulting from serotonin-deficient disorders, comprising administering to an individual in need thereof a nutritional supplement comprising a low-glycemic-index carbohydrate, protein comprising alpha lactalbumin-enriched whey protein, fat, caffeine and 5-hydroxytryptophan (5-HTP), in amounts ~~that together work effective~~ effective to manage ~~conditions symptomology~~ symptomology associated with stress ~~resulting from serotonin-deficient disorders~~.

15-18 (Canceled).

19. (Previously presented) The method of Claim 14, wherein the nutritional supplement is in the form of an extruded bar.

20. (Previously presented) The method of Claim 14, wherein the nutritional supplement is in the form of a powder.

21. (Previously presented) The method of Claim 14, wherein the carbohydrate is a low glycemic-index carbohydrate grain.

22. (Previously presented) The method of Claim 14, wherein the carbohydrate source further provides a source of fiber.

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23. (Previously presented) The method of Claim 14, wherein the carbohydrate source is selected from the group consisting of fructose, barely, steel cut oats, oat bran, soy, psyllium and combinations thereof.
24. (Previously presented) The method of Claim 14, wherein the protein is alpha lactalbumin-enriched whey protein.
25. (Previously presented) The method of Claim 14, wherein the fat is a non-atherogenic oil, partially hydrogenated oil or combinations thereof.
26. (Previously presented) The method of Claim 24, wherein the non-atherogenic oil is vegetable oil.
27. (Previously presented) The method of Claim 25, wherein the vegetable oil is selected from the group consisting of: canola, olive, soy, safflower, sunflower, corn and combinations thereof.
28. (Previously presented) The method of Claim 24, wherein the non-atherogenic oil is fish oil.
29. (Previously presented) The method of Claim 14, wherein ingredients of the nutritional supplement are separately assembled.
30. (Previously presented) The method of Claim 14, wherein the nutritional supplement is administered as part of a food or beverage.
31. (Previously presented) The method of Claim 14, wherein the nutritional supplement is administered as part of a pharmaceutical composition.

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32. (Currently amended) A method of providing an individual with nutritional supplementation that aids in the relief of symptomology associated with stress resulting from serotonin-deficient disorders, comprising administering to an individual in need thereof a nutritional supplement comprising, from about 1 to about 100 grams low-glycemic-index carbohydrate, from about 1 to about 100 grams alpha lactalbumin-enriched whey protein, from about 1 to about 50 grams fat, and from about 1 mg to about 600 milligrams caffeine, in amounts ~~that together work effective~~ to manage ~~conditions symptomology~~ associated with stress resulting from serotonin-deficient disorders.
33. (Previously presented) The method of Claim 32, wherein the nutritional supplement further comprises from about 1 to about 900 milligrams 5-hydroxytryptophan (5-HTP).
34. (Currently amended) A method of providing an individual with nutritional supplementation that aids in the relief of symptomology associated with stress resulting from serotonin-deficient disorders, comprising administering to an individual in need thereof a nutritional supplement comprising, from about 10 to about 50 grams low-glycemic-index carbohydrate, from about 10 to about 30 grams alpha lactalbumin-enriched whey protein, from about 3 to about 10 grams fat, and from about 20 to about 200 milligrams caffeine, in amounts ~~that together work effective~~ to manage ~~conditions symptomology~~ associated with stress resulting from serotonin-deficient disorders.
35. (Previously presented) The method of Claim 34, wherein the nutritional supplement further comprises from about 20 to about 200 milligrams 5-hydroxytryptophan (5-HTP).
36. (Currently amended) A method of providing an individual with nutritional supplementation that aids in the relief of symptomology associated with stress resulting from serotonin-deficient disorders, comprising administering to an individual in need thereof a nutritional supplement comprising a low-glycemic-index carbohydrate, protein comprising alpha lactalbumin-enriched whey protein, fat, and caffeine, in amounts ~~that~~

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together work effective to manage conditions symptomology associated with stress resulting from serotonin-deficient disorders.

37. (Previously presented) The method of Claim 36, wherein the nutritional supplement further comprises 5-hydroxytryptophan (5-HTP).
38. (Previously presented) The method of Claim 36, wherein the carbohydrate is a low-glycemic-index carbohydrate grain.
39. (Previously presented) The method of Claim 36, wherein the protein is alpha lactalbumin-enriched whey protein.
40. (Previously presented) The method of Claim 36, wherein the fat is a non-atherogenic oil, partially hydrogenated oil or combinations thereof.
41. (Previously presented) The method of Claim 36, wherein the nutritional supplement is administered as part of a food or beverage.